



**Military OneSource
Non-medical
Counseling Services**

General Eligibility

- Active duty, National Guard and Reserve Component service members
- Immediate family members
- Coast Guard when activated with the Navy
- Civilian Expeditionary Workforce



Private and Confidential

Privacy is protected

- Your personal information will not be
 - Provided to the military or chain of command
 - Shared with family or friends
 - Released to other agencies

Privacy Exceptions

- Duty to warn
- Suspected family maltreatment (domestic violence, child or elder abuse or neglect)
- Harm to self or others
- Illegal activity



Range of Support

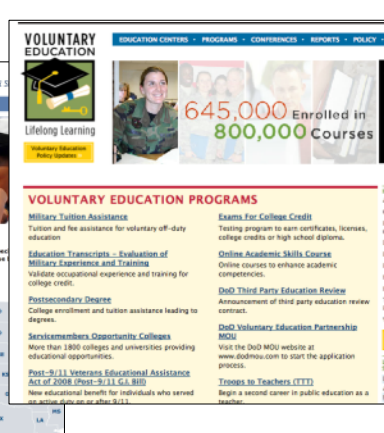
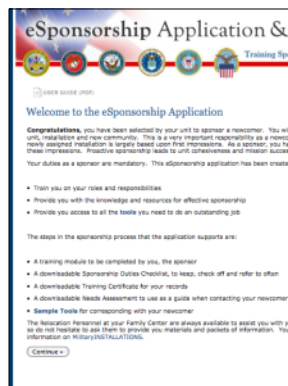
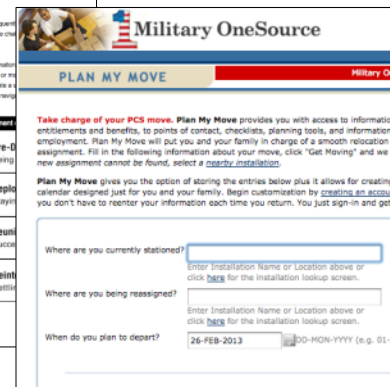
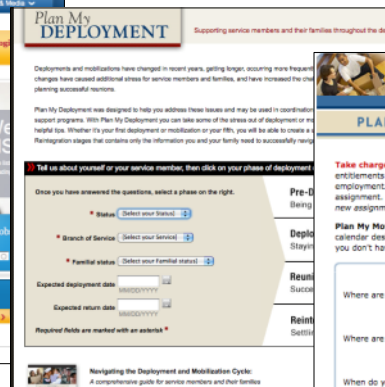


Military OneSource: Something for Everyone

- Did you know Military OneSource has...
 - Smart shopping tips (audio clips)
 - Planning for your golden years (video)
 - Connecting with your child (booklet)
 - Dealing with your stress (downloadable)
 - Disaster preparation (webinar)



Our Websites



Military OneSource Homepage

Follow Military OneSource: PHASES OF MILITARY LIFE BRANCH OF SERVICE THOSE WHO SUPPORT [LOG IN](#)

Military OneSource
Call. Click. Connect.

800-342-9647 **Confidential Help** **Military Life Topics** Monthly Focus Social Media Hub

What are you looking for?

Online Survivor Benefits Reports
A new interactive report will be available for survivors of service members who have died on active duty.
[Learn More](#)

MOST POPULAR on Military OneSource
Shared Read Watched/Listened

1. Tax Services
2. Submit Your Comments
3. Military OneSource Tax Filing Services
4. "Space-A" Travel on Military Flights
5. Electronic Sponsorship Application and Training

Military OneSource TWEETS

"Power of Attorney Basics: <http://t.co/evCrhetKog> #deployment #sot #milfam"

"Rethinking Your Spending: Necessities vs. Habits #podcast: <http://t.co/KxXbYvPAaN> #milfam"

"The Volunteer Income #Tax Assistance Program: <http://t.co/VhGAMNjrQx> #milfam #sot #VITA"

"February is Teen Dating Violence Awareness Month: <http://t.co/mYpnmDy5On>. Have you spoken w/your #milteen re: healthy dating relationships?"

"The Successful Saver contest is ending soon! Enter your photos and stories by Friday, Feb. 21. More at <http://t.co/Qyu6ED12Ad>. #milfam"

[Join the conversation](#)

BLOG BRIGADE

Starting a New Diet
by Melissa on Wed, 12 Feb 2014
This year, it turns out I am a "resolutioner." You know, that lovely term given to anyone that starts a new diet or workout plan in January regardless of whether it is actually for a resolution, or in my case, just the timing that it all happened. Is this the first diet I have ever ... [read more]

ePUBLICATIONS

MOS eNewsletter

INSTALLATION LOCATOR
Quickly look up information on your installation.
Name of installation
View a directory of installations
or, state name

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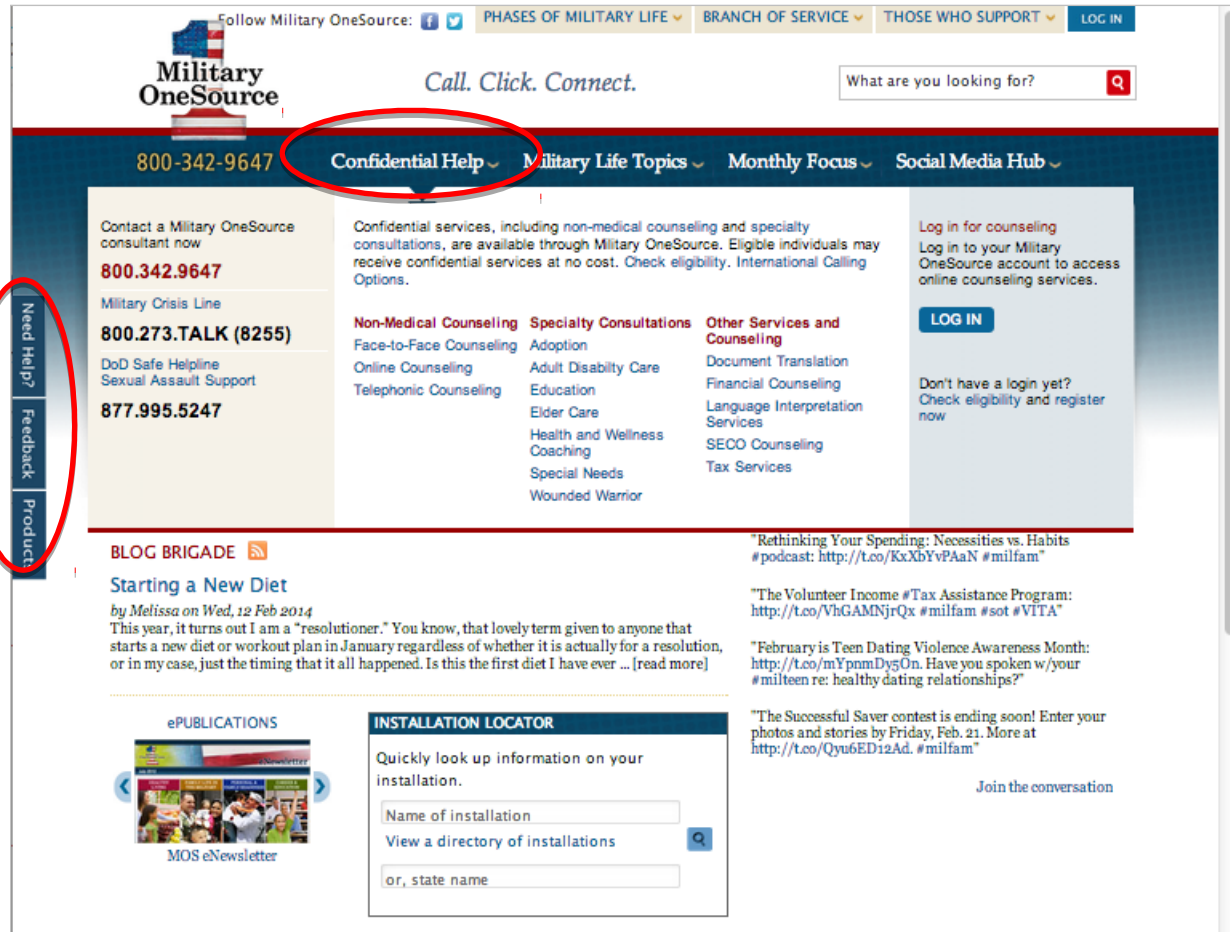
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or, state name



Confidential Help



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800-342-9647 **Confidential Help ▾** Military Life Topics ▾ Monthly Focus ▾ Social Media Hub ▾

Need Help? Feedback Products

Contact a Military OneSource consultant now
800.342.9647
Military Crisis Line
800.273.TALK (8255)
DoD Safe Helpline
Sexual Assault Support
877.995.5247

Confidential services, including non-medical counseling and specialty consultations, are available through Military OneSource. Eligible individuals may receive confidential services at no cost. Check eligibility. International Calling Options.

Non-Medical Counseling Face-to-Face Counseling Online Counseling Telephonic Counseling	Specialty Consultations Adoption Adult Disability Care Education Elder Care Health and Wellness Coaching Special Needs Wounded Warrior	Other Services and Counseling Document Translation Financial Counseling Language Interpretation Services SECO Counseling Tax Services
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[Log in for counseling](#)
Log in to your Military OneSource account to access online counseling services.

[LOG IN](#)

Don't have a login yet?
[Check eligibility and register now](#)

BLOG BRIGADE [RSS](#)

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Non-medical Counseling is...

- Short-term
- Available for up to 12 sessions per issue
- Appropriate for
 - Relationship issues
 - Stress management
 - Decision making
 - Communication
 - Parenting skills



Non-medical Counseling is not...

- A long-term counseling option
- Part of a medical treatment facility discharge plan, or part of TRICARE
- Available for those already under care
- For individuals facing any of the following major issues:
 - Post-traumatic Stress Disorder
 - Psychological or fitness-for-duty evaluations
 - Addictions
 - Mental diagnoses requiring medication
 - Determining a medical diagnosis
 - Crisis situations



Face-to-Face

- › With a counselor in your local community
- › Individuals, couples and families
- › Available for CONUS locations only



Telephonic

- › For individual adult sessions only
- › For those located CONUS and OCONUS
- › Available 8 a.m. – 8 p.m. EST



Online

- › Conducted in a secure, real-time chat format
- › For individual adults sessions only
- › Scheduled and not on-demand
- › Available 8 a.m. – 8 p.m. EST



Social Media Hub



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Social Media Hub

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Find information to support you through every phase of military life.

Military Community and Family Policy [f](#) [t](#) [i](#) [u](#)

Join the conversation on the latest quality of life information and policies.

Military Spouse Employment Partnership [f](#) [t](#) [i](#)

Stay informed of latest career opportunities and connect with other military spouses.

BLOG BRIGADE [RSS](#)

Use It Up, Wear It Out, Make It Do or Do Without!

by Kelli on Thu, 21 Feb 2013

During the Great Depression, just prior to the U.S. involvement in World War II, the phrase "Use it up, wear it out, make it do or do without" was more than a family adage; it was a national truism. Today's national truism is "Get it now, get it fast and if it breaks, get a ..." [read more]

PODCASTS [All Podcasts](#)

Disaster Preparedness

[Listen](#) (4:12 minutes) [Transcript \(PDF\)](#)

VIDEOS [All Videos](#)



CJCS with Rosita singing "Sunny Day"

May 10, 2012 | 495 Views

MOBILE

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Upcoming WEBINARS [All Webinars](#)

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Mar. 12 [Moving with an IEP - 10:00 a.m. EST](#)

Mar. 14 [Moving with an IEP - 6:00 p.m. EST](#)

[View all webinars](#)

Looking for past webinars? [View the archives.](#)

DISCUSSION BOARDS

An online platform where participants can discuss topics related to military life that are important to service members and their families.

MODERATED CHATS

Live, interactive online events where you can share your ideas, opinions, and experiences on a variety of topics.

WIDGETS

Widgets are online applications that display featured information on your web page, blog, social networking site, or other sites.

SOCIAL MEDIA GUIDE (PDF)

Guidelines structured to provide open, interactive social media channels where all users can engage and connect.

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Military Spouse Career Center at Military OneSource

- **Spouse Education and Career Opportunities comprehensive counseling service available to ALL military spouses.**
- **Career exploration and discovery**
- **Education, training and state licensing/credentialing requirements**
- **Employment readiness**
- **Career connections**
- <https://www.militaryonesource.mil/> and <https://myseco.militaryonesource.mil/>

My Career Advancement Accounts Scholarship Program

- **Financial assistance for spouses of Service members in pay-grades of E1-E5, O1-O2 and W1-W2**
- **Up to \$4,000 for education/training and license/credential in a portable career**
- **Financial assistance provided to more than 43,000 spouses in fiscal year 2012**
- <https://aiportal.acc.af.mil/mycaa/>

Military Spouse Employment Partnership

- **Web-enabled employment and career partnership connect military spouses with vetted Fortune 500 PLUS employers - 231 corporate partners**
- **Partners' Statements of Support to increase employment, provide career promotion opportunities and ensure pay equity for military spouses**
- **Spouse Ambassador Network**
- <https://msejobs.militaryonesource.mil/>

Access

You can expect:

- 24/7/365 worldwide access
- Master's-level consultants to answer your questions
- Objective, experienced and caring people
- Up-to-date and useful information
- No cost
- A commitment to quality

Toll-Free telephone
800-342-9647



MilitaryOneSource.mil



m.MilitaryOneSource.mil



Email your questions
to a consultant



Interaction with trained
outreach professionals



Questions?



Call. Click. Connect.

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